

MMR ADULT FITNESS & YOUTH SPORTS CLASSES

FALL 2014

9/15 - 12/31

<i>Times</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
9:00am -- 10:00am					Multi-Sport (Tot) (11/7) #109787	Line Dancing (9/20) #109503
9:15am -- 10:15am	Sr. Strength Training (9/29) #108816	20/20/20 (9/16) #108636		Sr. Strength Training (9/29) #108816		
9:30am -- 10:30am	Belly Dancing (9/15) #108660	Core & More (9/16) #110029		Broadway Jazz 9(18) #108670		
10:00m -- 11:00pm			Pilates (9/17) #108802			
10:15am -- 11:00am					Multi-Sport (Tot) (11/7) #108838	
10:30am -- 11:30am	Pilates (9/16) #108801	Yoga (9/16) #108906		Ballet (9/18) #108645		
11:15am -- 12:15pm					T-Ball (3-6 Yrs) (11/7) #108834 11:15am	
11:30am -- 12:20pm				Polynesian Dance (9/18) #108809		
3:00pm -- 3:45pm		Karate (Tot) (6/16) #108757 3:30pm		Tot Ballet (11/6) #108878		
3:30pm -- 4:15pm		Dance Combo (Tot) (11/14) #108691				
4:00pm -- 4:45pm		Dance Combo (Youth) (11/4) #108693		Ballet For Youth (11/6) #108648		
4:15pm -- 5:00pm						
5:30pm -- 6:30pm				Total Body Boot Camp (9/18) #108884		
5:45pm -- 6:45pm	Belly Dancing (9/15) #108659	Kick Boxing (Youth) (11/4) #108762				
6:30pm -- 8:00pm			Yoga (9/17) #108901			
6:45pm -- 7:45pm						
7:00pm -- 8:00pm	Belly Dancing (9/15) #108658					

Please Register At The Front Desk